

## Effective Intervention & Workplace Wellness of Healthcare Providers : Perspective from Odisha<sup>1</sup>

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### Abstract

This research tries to explore the factors that are responsible for causing physical or emotional stress among the HCW's and investigates further to understand the immediate intervention taken by the authorities for the pandemic management. Thirty doctors, five nurses and five medical superintendents currently working under different designated Covid hospitals of Odisha were interviewed and their responses categorized under three broad themes: Risk reduction measures adopted while screening and treatment of the patients, Psychological status of the HCW's and measures adopted for the wellness of HCW's. The research suggested more numbers of doctors must be appointed; a committee must be set in all Covid treating hospitals with a nodal officer to look into several activities like the adequate supplies of medical equipment's, time to time training provided to the HCW's with updated SOP's, make aware with rare case scenarios in order to have experience in treating the other patients and to practice self-care among the HCW's to keep them stress free.

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### I. Introduction

COVID-19, WHICH CREATED havoc to the entire mankind was first detected in Wuhan city of China. This typical virus left a pause causing severe health and economic issues. Symptoms like high fever, throat pain, body ache, shortness of breath and weakness led to this infection. (Lai, Shih, Ko, Tang and Hsueh, 2020) The most serious concern about this virus is that it was transmissible via droplets or direct contact. (Zhiliang Hu et.al, 2020) Hence masks and sanitizers were advised to bring into usage to avoid getting infected. Covid-19 being a health emergency was declared as a pandemic by World Health Organization (WHO) in January 2020. (WHO, 2020).

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